



Bradford Special School District Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bradford Special School District in 2006.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Bradford Special School District that includes:

- School Health Advisory Committee
- Healthy School Team
- School Health Policies strengthened or approved include the student wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$25,563.

Community partnerships have been formed to address school health issues. Current partners include:

- Wal-mart
- Carroll Bank and Trust
- West TN Healthcare
- Bradford Medical Center
- Department of Health
- Gibson County Sheriff's Department
- Skullbone Printing
- Blue Cross and Blue Shield

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. They include four Healthy School Teams, four school health screenings, seven Arrive Alive Drunk Driving Prevention Program, thirty physical education parent night, thirty 8th grade parent night, fifty Fall Fest, fifty Trunk or Treat, Mock Crash, five walking track construction and Four Mile Run Day. Currently, sixty parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include a recycling project, parent meetings, Mock Crash, physical education parent night, Zumba kick off, Arrive Alive Tour and Walking Works for Schools from Blue Cross/Blue Shield. Currently around 10-15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bradford Special School District, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 816 screenings performed and 42 referred. Data for 2010-2011 school year;

Students have been seen by a school nurse and returned to class – 2007-2008 1811 were seen by nurse and 1521 returned to class. For 2008-2009, 3349 were seen and 2932 returned, for 2009-2010 5597 were seen and 5240 returned, and for 2010-2011 7064 were seen and 6694 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic – 30% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking track, climbing wall, salad bar, and physical education equipment;

Professional development has been provided to counselors and physical education teachers. Examples include CSH paying for 2 physical education teachers and a guidance counselor to attend Michigan Model curriculum training, a and guidance counselor assisted by CSH to attend an Olweus bullying prevention training;

School faculty and staff have received support for their own well-being through Weight Watchers at Work program, Zumba classes, and mini health fair, Y memberships;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum used in guidance by our counselor and by two PE teachers;
- Physical Education/Physical Activity Interventions – Walking track, Go Girl Go, Climbing wall, Mile Run Day for elementary students;
- Nutrition Interventions – salad bar, newsletters, healthy snack cart, no unhealthy vending machines;
- Mental Health/Behavioral Health Interventions – Olweus bullying prevention program.

In such a short time, CSH in the Bradford Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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